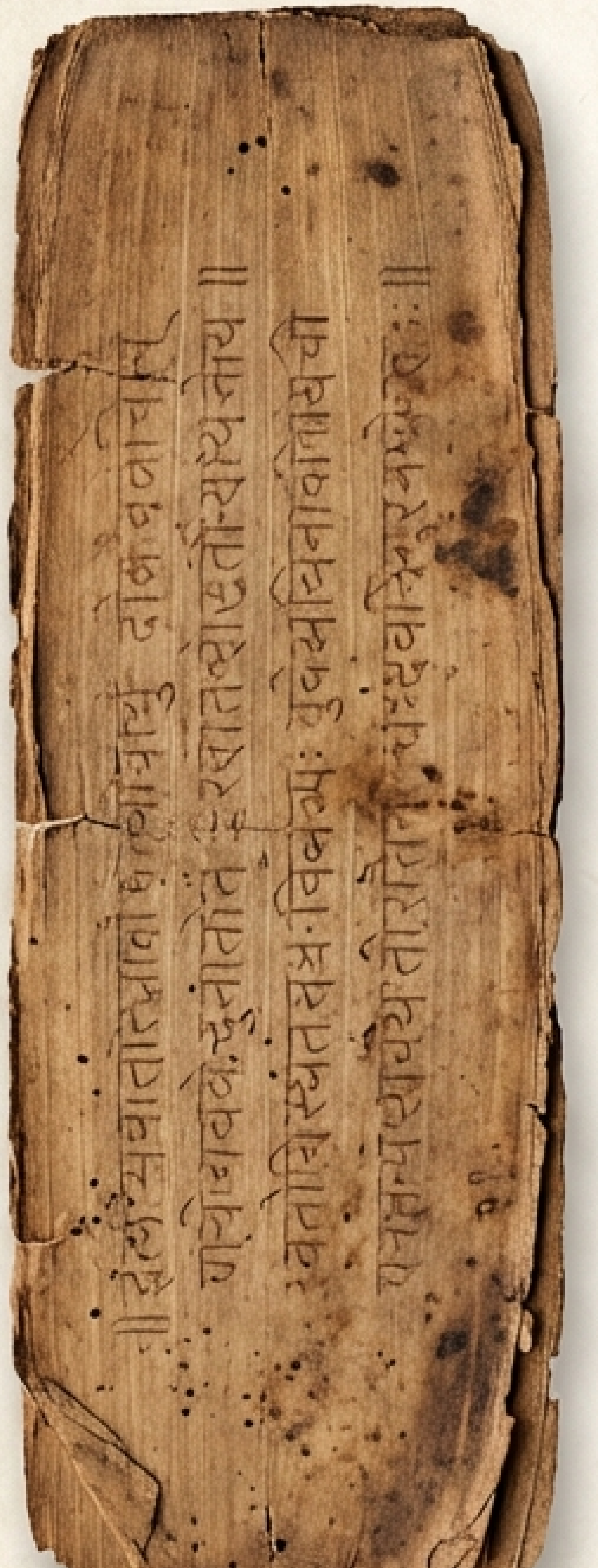


Kalyana Karakam: The Art of Jain Ayurveda

Balancing the Doshas, Mastering the Seasons, and the Alchemy of Rejuvenation according to Ugradityacharya.

An exploration of the classical Sanskrit medical treatise that integrates the science of longevity with the strict ethical code of Ahimsa (non-violence).

The Vow of the Jain Physician

Prohibition vs. Substitution

Excluded (*Himsa/Violence*)

Honeycomb/Honey

Raw Meat

Wine Jar/Fermentation

Substituted (*Ahimsa/Non-Violence*)

Jaggery
(Sugar Cane)

MIlk (Gau/Cow)

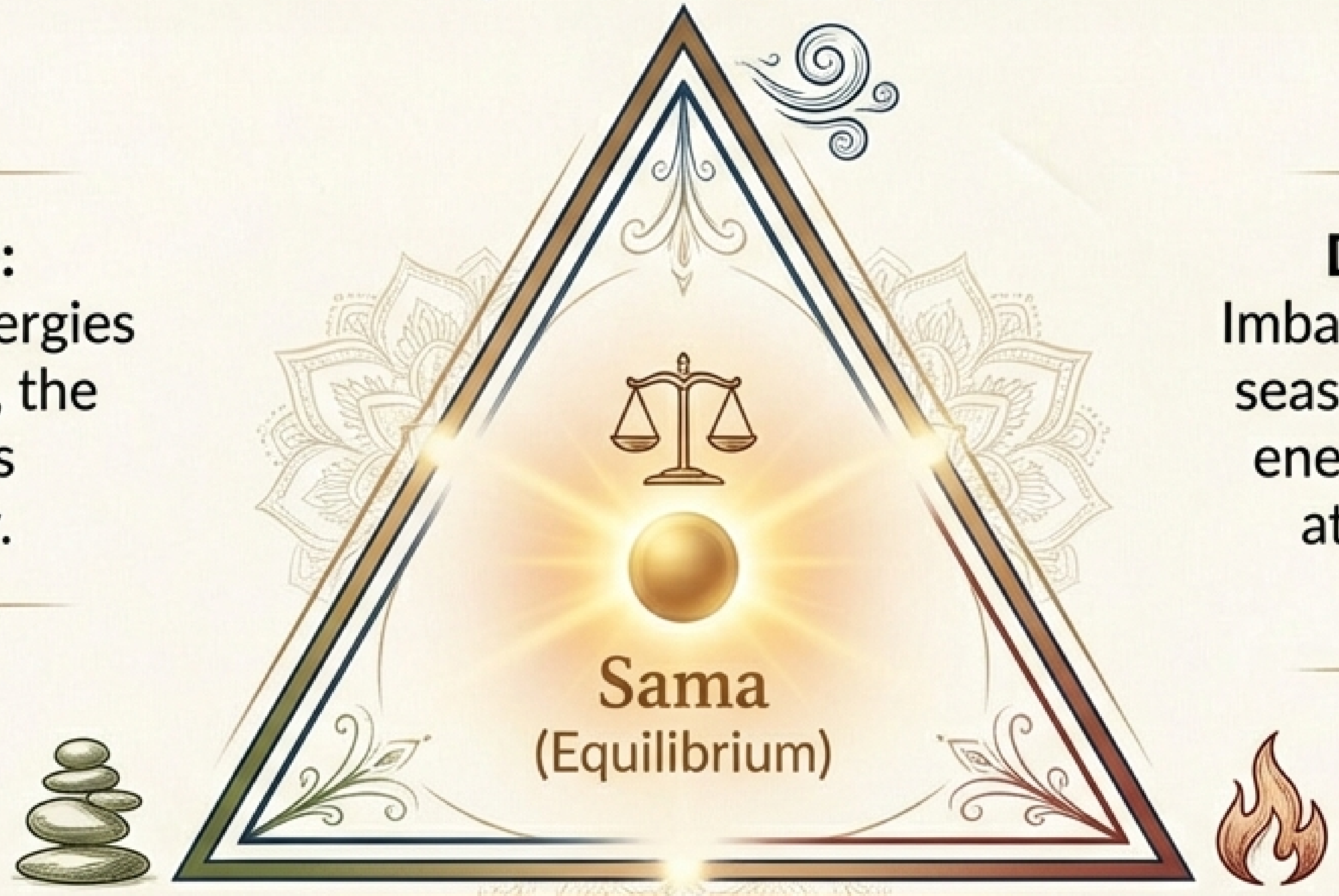
Herbal Decoctions
(Ausadhl)

> *"Honey, meat, and wine involve harm to living beings.*
> *Physical health cannot be purchased at the cost of spiritual harm."*

The Kalyana Karakam strictly excludes ingredients involving violence, replacing them with plant-based and mineral alternatives to uphold Dharma.

The Tri-Dosha Theory: The Biological Engine

Health (Sama):
When the three energies are in equilibrium, the body functions without decay.



Vata
(Wind/Movement)

Sama
(Equilibrium)

Kapha
(Structure/Stability)

Pitta
(Fire/Transformation)

Disease (Dosha):
Imbalance caused by diet, season, or conduct turns energy into ‘faults’ that attack body tissues (*Dhatus*).

Vata: The Principle of Movement

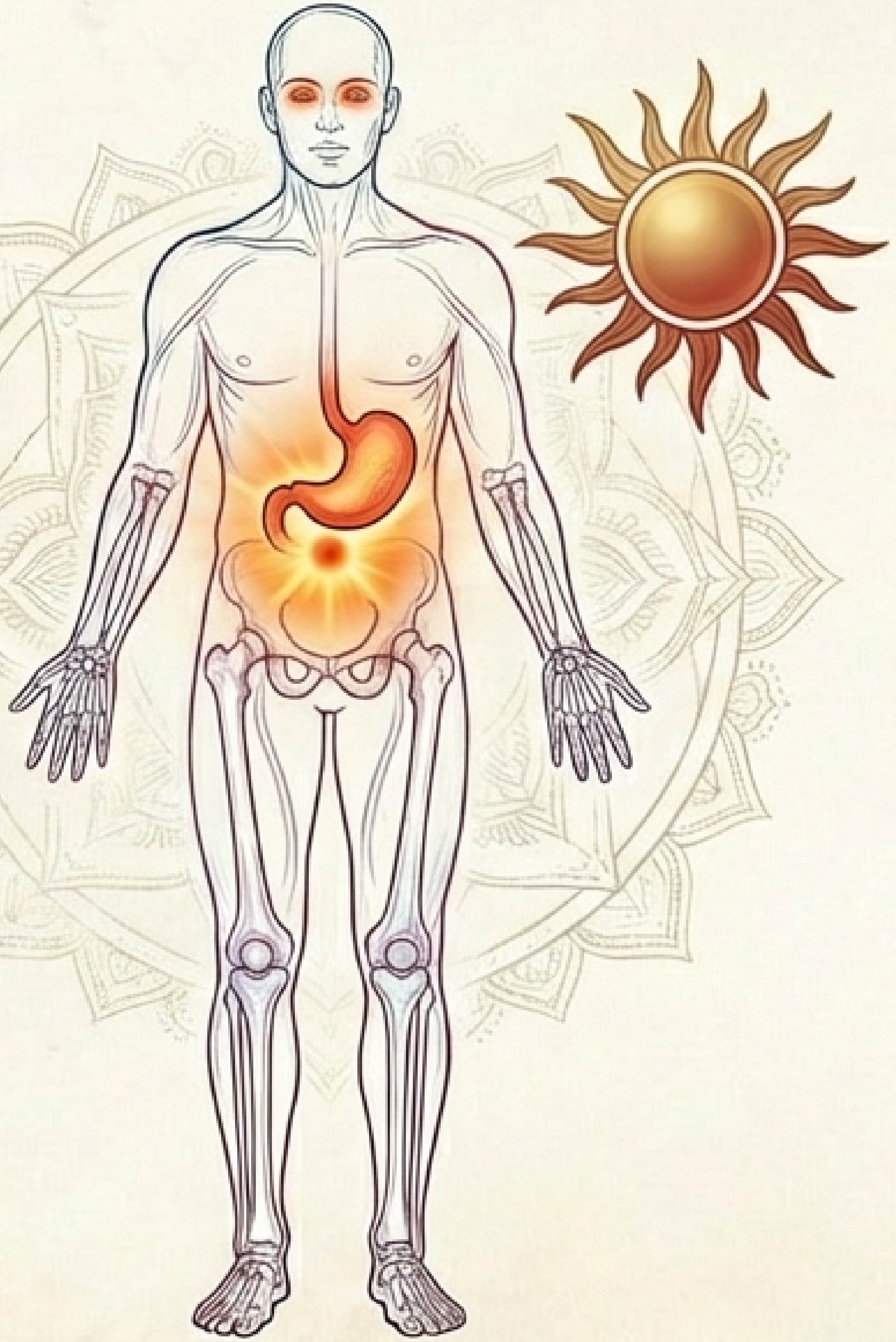
Qualities: Dry (*Ruksha*), Light (*Laghu*), Cold (*Shita*), Rough, Subtle, Mobile.

Locations: Hips, Thighs, Bones, Ears.

Function: Governs all movement, sensation, and waste expulsion. The motive force that moves the other Doshas.

Signs of Imbalance: Tremors, emaciation, distention, and pain that ‘cuts’ or migrates.

Pitta: The Principle of Transformation



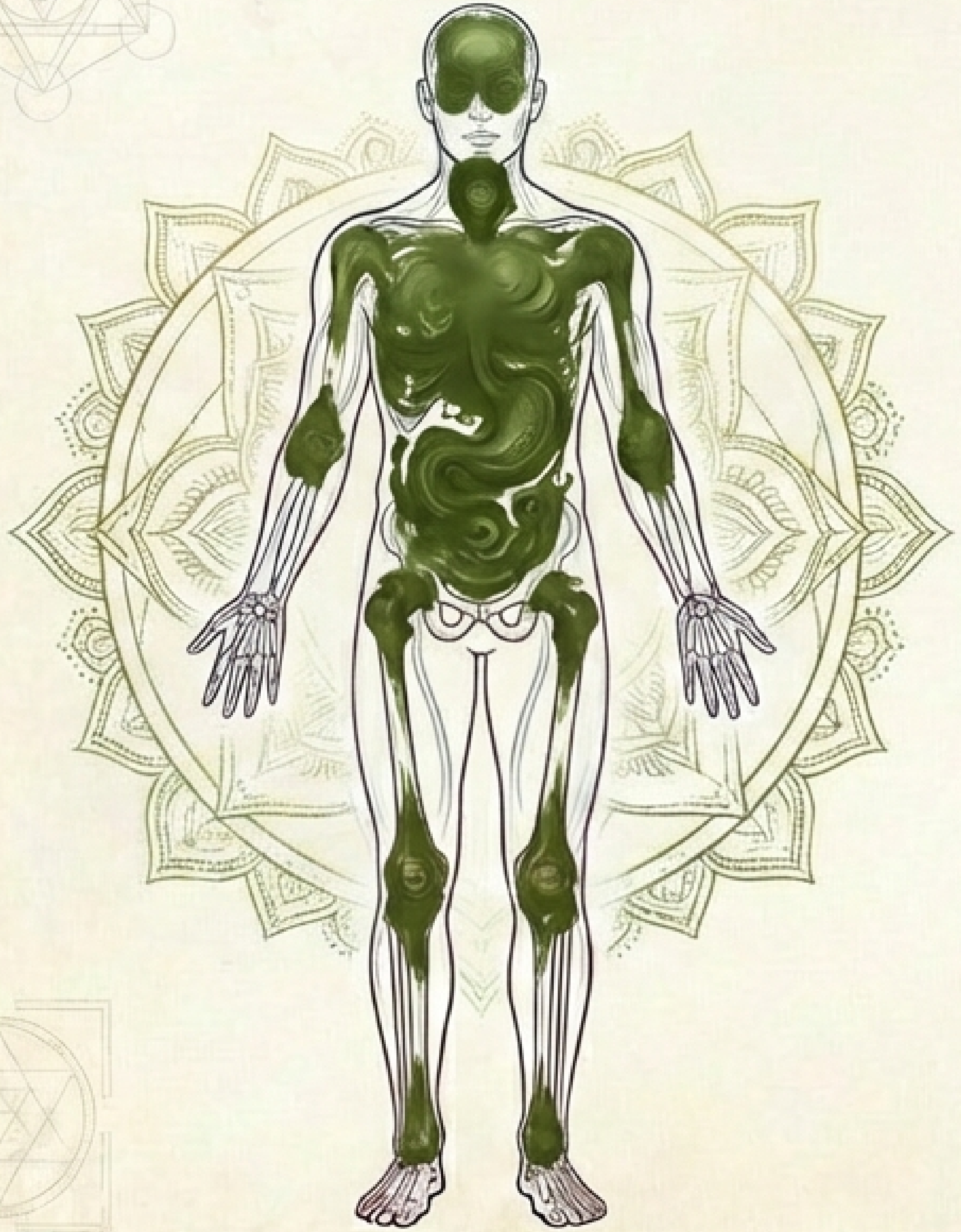
Qualities: Hot (*Ushna*), Sharp (*Tikshna*), Liquid (*Drava*), Slightly Oily.

Locations: Navel, Stomach, Sweat Glands, Blood, Lymph.

Function: Governs digestion (*Pachaka*), heat production, vision, and intellect.

Signs of Imbalance: Burning sensations, redness, fever, inflammation, acidic digestion.

Kapha: The Principle of Stability



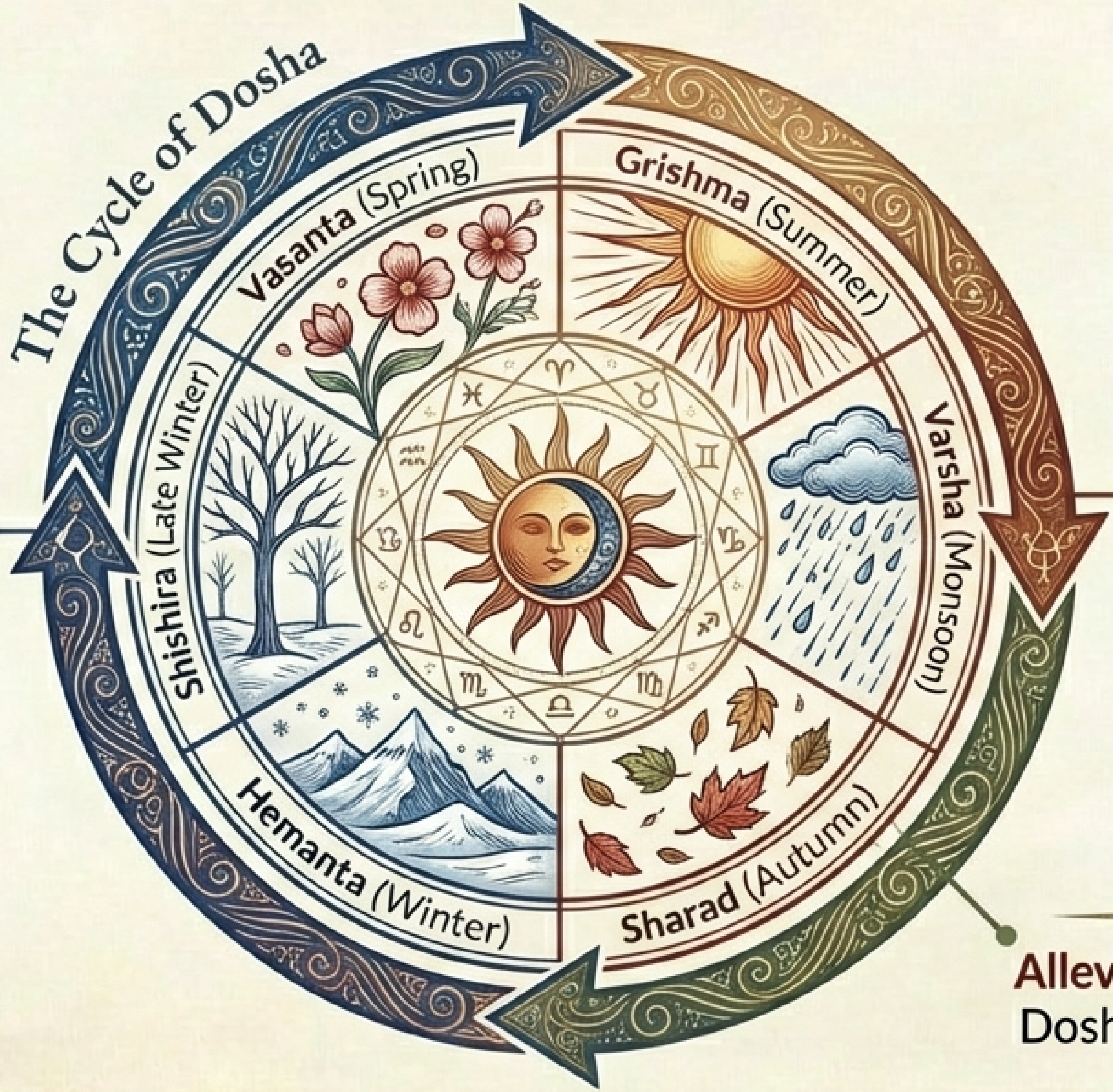
Qualities: Heavy (*Guru*), Cold (*Shita*), Slimy/Smooth (*Picchila*), Stable, Solid.

Locations: Chest, Throat, Head, Joints, Stomach.

Function: Governs stability, lubrication, cohesion, and physical strength.

Signs of Imbalance: Heaviness, lethargy, coldness, excessive mucus, congestion.

Rutucharya: The Wheel of Time


The Cycle of Dosha
Vasanta (Spring)
Grishma (Summer)
Varsha (Monsoon)
Sharad (Autumn)
Hemanta (Winter)
Shishira (Late Winter)

Accumulation (*Chaya*): Dosha builds in its seat.

Aggravation (*Prakopa*): Dosha overflows/ causes disease.

Alleviation (*Prashama*): Dosha naturally calms.

Regimen for Spring and Summer

Vasanta (Spring)

Event: Accumulated Kapha liquefies due to warmth.

Action: Expel phlegm (*Vamana*). Eat bitter/astringent foods (barley, old jaggery). Avoid heavy/oily foods.

Grishma (Summer)

Event: Sun drains moisture; Vata accumulates due to dryness.

Action: Eat cold, liquid, sweet foods (milk, ghee, rice). Nap during the day to preserve moisture. Avoid salt/pungent tastes.

Regimen for Monsoon and Autumn

Varsha (Monsoon)

Event: *Agni* (digestive fire) weakens. Vata aggravated by cold wind/rain.

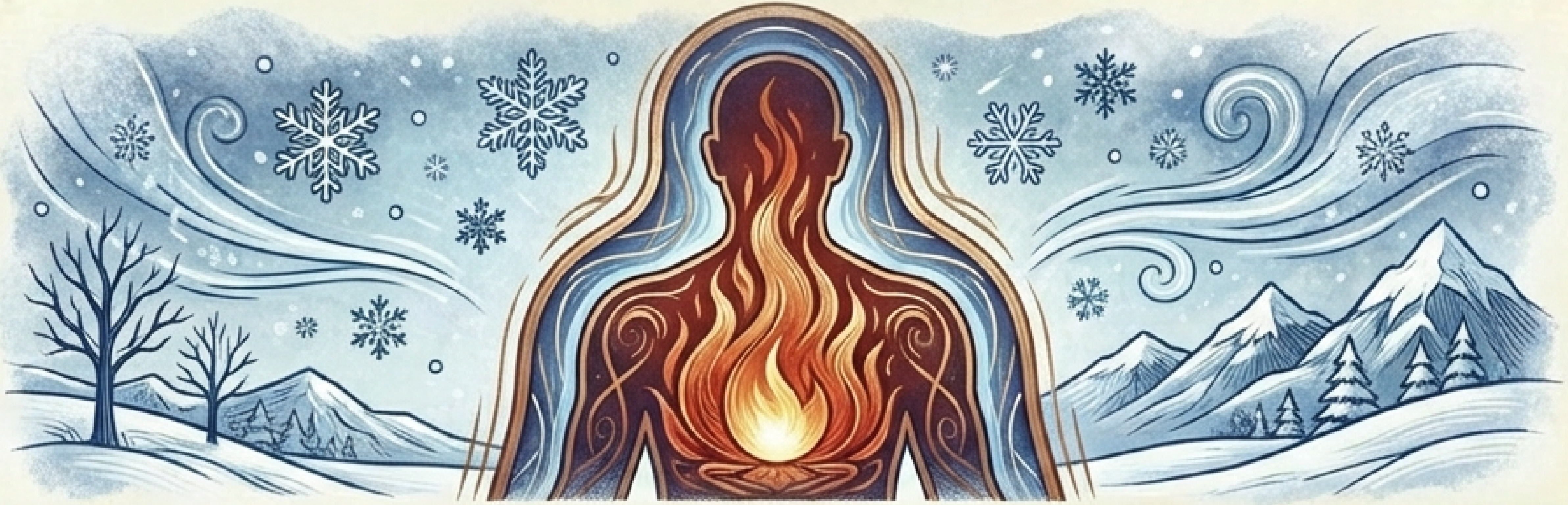
Action: Consume sour, salted, oily foods to pacify Vata. Use medicated enemas (*Basti*). Drink only boiled or well water.

Sharad (Autumn)

Event: Sun returns; Pitta (fire) accumulates during rains and now aggravates.

Action: Purgation (*Virechana*). Eat cooling foods: Ghee, sugar, rice, milk. Avoid hot, spicy, acidic foods.

Regimen for Winter (Hemanta & Shishira)



Hemanta (Early Winter):

Digestive fire is strongest; internal heat is trapped by external cold.

Action: Heavy, nourishing foods required (milk products, sugarcane, fats) to prevent fire from consuming body tissues.

Shishira (Late Winter)

Dryness increases. Continue nourishing diet. Avoid cold and airy foods.

Shishira (Late Winter): Dryness increases. Continue nourishing diet. Avoid cold and airy foods.

Ras: The King of Fluids

Swooned Mercury (*Murchita*)

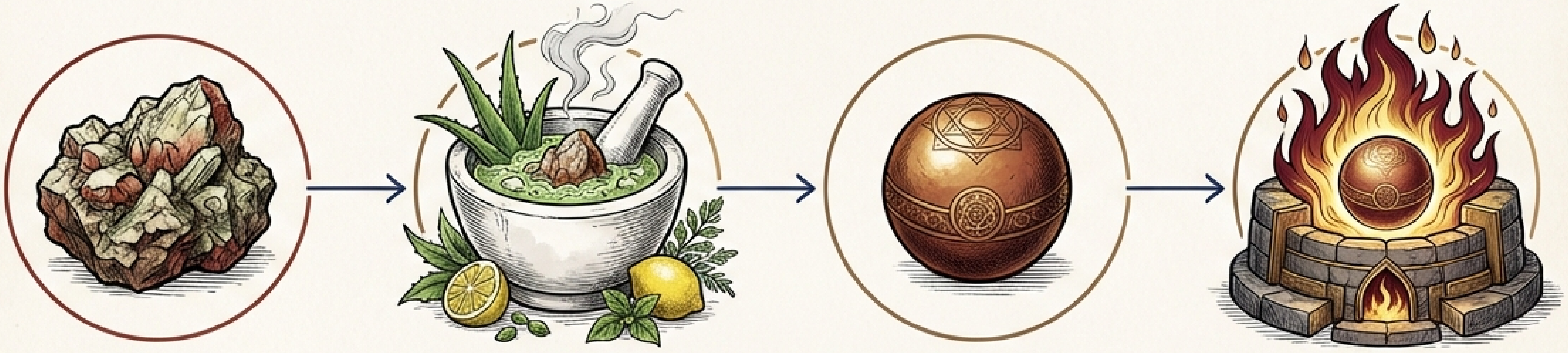
Processed with herbs.
Cures disease.

Killed Mercury (*Mrita*)

Incinerated into Ash (Bhasma).
Grants immortality and liberation.

Mercury (Parada) is not viewed as a metal, but as a *living entity—the potent essence of the gods.*

The Process of Perfection (*Samskara*)



Step 1

Raw Material

Step 2

Purification (*Shodhana*)
Removing blemishes and poisons.

Step 3

Binding (*Bandhana*)
Stabilizing for bio-assimilation.

Step 4

Killing/Calcination (*Marana*)
Transformation into Rasayana (Nectar).

“Just as a wild horse must be tamed to be ridden,
minerals must be processed to become the nectar of life.”

Rasayana: The Science of Rejuvenation

The Goal:

Live 100+ years with keen intellect, youthfulness, and the strength of an elephant.

The Method:

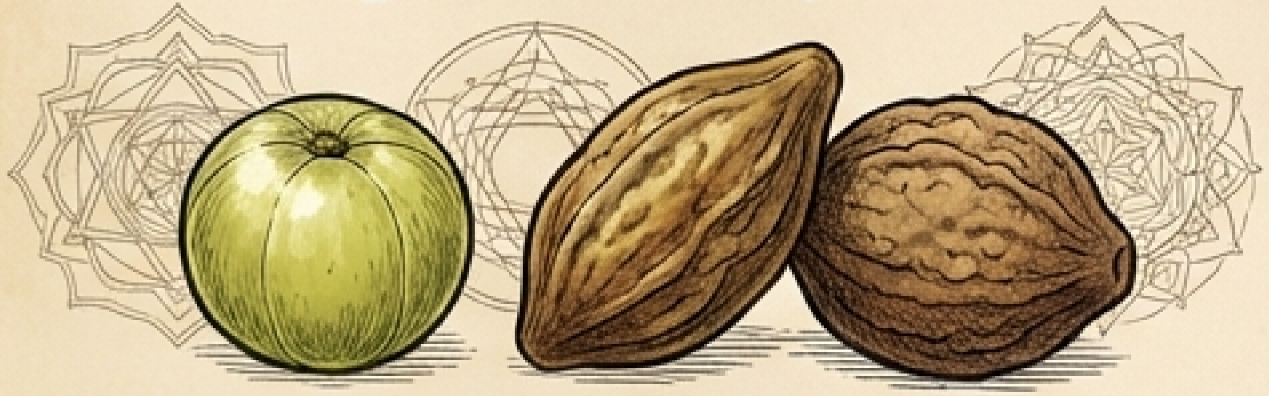
Retreat (*Kutipraveshika*) or Daily Practice (*Vatatapika*).

The Prerequisite:

Panchakarma (Detoxification). One cannot pour nectar into a dirty vessel.

Notable Formulations

Triphala Rasayana



Cures all diseases, grants longevity when taken with ghee and sugar.

Shilajit

Mineral exudate for strength, diabetes, and deep rejuvenation.

Tuvaraka & Bhallataka

For skin diseases and deep tissue correction.

Medhya Rasayanas

Brain tonics for memory and intellect.

The Physician's Duty

- ☑ Balance the Doshas
- ☑ (Vata, **Pitta**, Kapha)
- ☑ Align Diet with the Seasons (*Rutucharya*)
- ☑ Utilize **Rasayana** for Longevity
- ☑ Uphold **Ahimsa** (Non-Violence)

Medicine is a path to Dharma.